

*"I've created this Information Hub to help you get the correct and most current information regarding swine flu. □ You will find important resources regarding the flu and key tips to stay healthy."*

*-Congressman Harry Mitchell*

### **From the Arizona Department of Health Services**

ADHS Swine Flu Main Page: <http://www.azdhs.gov/phs/oids/epi/flu/swine/index.htm>

### **Arizona**

Arizona influenza surveillance has been ongoing and seasonal influenza activity is decreasing. We have initiated enhanced surveillance with county health departments, laboratories, and healthcare providers, given the current swine flu situation.

### **National**

The most recent national numbers can be found at <http://www.cdc.gov/flu/swine/index.htm> .

### **Mexico**

A number of cases of influenza in Mexico have been laboratory-confirmed to match the current swine influenza H1N1 outbreak strain in the United States. Additional updates can be found on the World Health Organization webpage at <http://www.who.int/csr/don/en/> .

If you are concerned about the flu-like symptoms you are experiencing, contact your healthcare provider. Hand-washing and practicing good respiratory etiquette are important and effective ways to control the spread of influenza.

### **From the Centers for Disease Control and Prevention**

CDC Swine Flu main page: <http://www.cdc.gov/swineflu/index.htm>

General Information: [http://www.cdc.gov/swineflu/general\\_info.htm](http://www.cdc.gov/swineflu/general_info.htm)

Key Facts about Swine Influenza: [http://www.cdc.gov/swineflu/key\\_facts.htm](http://www.cdc.gov/swineflu/key_facts.htm)

Questions and Answers: <http://www.cdc.gov/flu/about/ga/preventing.htm>

Key Facts about Swine Influenza in Spanish: [http://www.cdc.gov/swineflu/espanol/swine\\_espanol.htm](http://www.cdc.gov/swineflu/espanol/swine_espanol.htm)

For Healthcare Providers: [ADHS Clinician Fact Sheet - Swine Influenza](#)

[CDC Guidance for Healthcare Providers](#)

E-mail Updates: [https://service.govdelivery.com/service/multi\\_subscribe.html?code=USCDC](https://service.govdelivery.com/service/multi_subscribe.html?code=USCDC)

CDC Podcast: <http://www2a.cdc.gov/podcasts/player.asp?f=11226>

Taking Care of a Sick Person in Your Home: [http://www.cdc.gov/swineflu/guidance\\_homecare.htm](http://www.cdc.gov/swineflu/guidance_homecare.htm)

Preventing the Flu: Good Health Habits Can Help Stop Germs: <http://www.cdc.gov/flu/protect/habits.htm>

**The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.**

### [From the World Health Organization](#)

WHO Swine Flu main page: <http://www.who.int/csr/disease/swineflu/en/index.html>

### [U.S. Department of Health and Human Services](#)

HHS Declares Public Health Emergency for Swine Flu: <http://www.hhs.gov/news/press/2009press/04/20090426a.html>

### **Department of Homeland Security**

Joint Press Briefing on Swine Influenza: [http://www.dhs.gov/ynews/releases/pr\\_1240773850207.shtm](http://www.dhs.gov/ynews/releases/pr_1240773850207.shtm)

### **Department of Agriculture**

USDA Outreach Efforts: [http://www.usda.gov/wps/portal/!ut/p/s.7\\_0\\_A/7\\_0\\_1OB?contentidonly=true&co](http://www.usda.gov/wps/portal/!ut/p/s.7_0_A/7_0_1OB?contentidonly=true&co)

### **Department of State**

Travel Alerts: [http://travel.state.gov/travel/cis\\_pa\\_tw/pa/pa\\_3028.html](http://travel.state.gov/travel/cis_pa_tw/pa/pa_3028.html)

### **Food and Drug Administration**

FDA Authorizes Emergency Use of Influenza Medicines, Diagnostic Test in Response to Swine Flu Outbreak in Humans: <http://www.fda.gov/bbs/topics/NEWS/2009/NEW02002.html>

**[PandemicFlu.gov](http://pandemicflu.gov)**

Swine Flu Questions: <http://pandemicflu.gov/faq/swineflu/>

**LOCAL NEWS:**

KPHO: [Swine Flu Case Confirmed in Arizona](#)

East Valley Tribune: [E.V. medical professionals ready for swine flu](#)

12 News: [Swine Flu: Facts and Safety Tips](#)

AZ Republic: [U.S. Flu Cases Double, Travel Advisories Issued](#)

Swine flu continues to spread worldwide: <http://www.azcentral.com/arizonarepublic/news/articles/2009/05/04/20090504swineflu0504.html>

Officials: Arizona has enough antivirals for flu: <http://www.azcentral.com/news/articles/2009/05/01/20090501swine-ariz0501-ON.html>